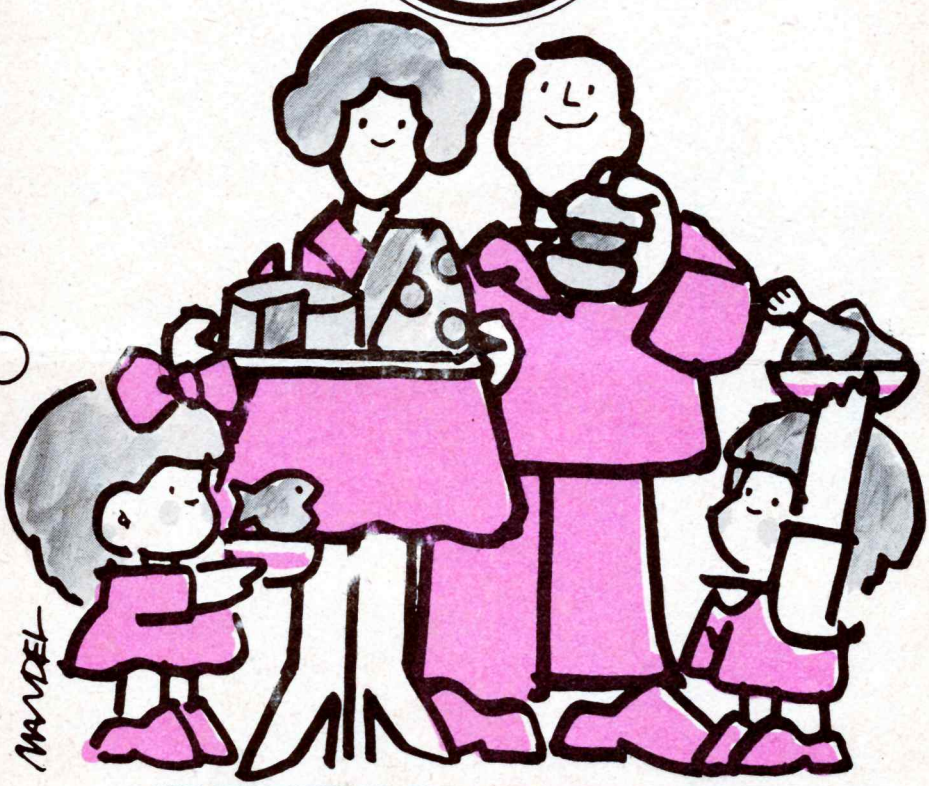
SNACKS

The Collector's Cookbook



Snacks are practically the American way of life, but, as we prove here, there are snacks and snacks. The ones in this cookbook are packed with good-for-you ingredients—but they're also good eating. And don't worry—if your family goes all out for your snacks, just cut down a bit on the next meal. The snacks provide needed nutrition. Our tips should help keep the family on an even economy and nutrition keel, and our recipes should please the most varied of tastes among members of your family.

WOMAN'S DAY KITCHEN #255

SNACKING IS A WAY OF LIFE

Since somebody—or everybody in most families—is an incurable snacker, why fight it? Be sneaky instead. Keep delicious, but secretly nutritious, snacks on hand. Set aside easy-to-reach places or snack boxes on the kitchen counter, in a cupboard and in the refrigerator and stock them with nutrition-heavy foods. These should not be considered special. They fall into the same basic-four food categories you take into account when planning regular meals: meat and protein-rich foods; breads and cereals; fruits and vegetables; milk and milk products. If you're so successful that the snackers snack too heartily, you can always serve lighter meals on snack-heavy days.

FROM THE CUPBOARD

Keep in a special place.

- **Fruit and vegetable juices**
- **Canned dips**
- **Instant breakfast mixes**
- **Enriched, fortified or bran cereals**
- **Peanut butter**
- **Crackers, whole-grain or enriched**
- **Pretzels**
- **Roasted soy beans**
- **Canned soups**
- **Dried fruit**
- **Nuts, seed (pumpkin, squash, sunflower)**
- **Canned Vienna sausages**
- **Sardines**

MEAT AND OTHER PROTEIN SNACKS

Besides protein, these provide important B vitamins—thiamine (B_1), riboflavin (B_2) and niacin.

LETTUCE-BEEF ROLL-UPS

1/2 pound ground beef
1 cup bean sprouts
1/2 cup chopped water chestnuts
1 envelope onion-soup mix
10 large lettuce leaves, soft texture preferred

In skillet brown beef; drain off fat. Stir in bean sprouts, water chestnuts and soup mix. Place about 1/4 cup meat mixture at bottom of each lettuce leaf. Fold in sides, roll and secure with pick. Will keep in refrigerator up to 2 days. Makes 10 roll-ups.

BROILED CHICKEN WINGS

2 pounds chicken wings
3 tablespoons each soy sauce and dry sherry or cider vinegar
2 tablespoons oil
1/2 teaspoon each paprika and hot-pepper sauce
1/8 teaspoon garlic powder (optional)
Parsley (optional)

With kitchen shears cut off wing tips (use for broth or soup). Cut each wing in two at joint. In bowl mix soy sauce, sherry, oil, paprika, pepper sauce and garlic powder; add chicken and stir to mix. Cover loosely and refrigerate several hours or overnight, stirring occasionally. Broil on rack 4 inches from heat source about 14 minutes or until tender, turning and brushing several times with marinade. Serve hot or cold garnished with parsley. Will keep in refrigerator up to 3 days. Makes 6 snack servings.

SESAME LIVER STRIPS

1/4 cup each sugar and soy sauce
1 tablespoon toasted sesame seed, or to taste (see Note)
1/2 cup flour
1 teaspoon salt
1 teaspoon ground ginger (optional)
1/4 teaspoon pepper
1 pound beef liver, partially frozen, then cut in 2x1/4-inch strips
Oil for frying

In bowl mix sugar, soy sauce and sesame seed; set aside. Mix flour, salt, ginger and pepper; use to coat liver well; let stand 5 minutes. In deep-fat fryer or heavy saucepan heat 2 to 3 inches oil to 350°. Add liver a few strips at a time and fry until cooked to desired doneness and golden brown, about 1/2 to 1 minute. Remove with slotted spoon to paper towels. Keep warm until all are fried. Dip strips in soy mixture; let stand 5 minutes. Serve hot, at room temperature or chilled. Will keep in refrigerator up to 2 days. Makes 30 to 40 strips. **NOTE** To toast sesame seed, spread in shallow baking pan and toast in 350° oven until golden brown, 10 to 15 minutes, shaking pan occasionally.

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ROASTED CHILI CHICK-PEAS

2 tablespoons butter or margarine
1 can (16 to 20 ounces) chick-peas, drained, rinsed and dried
1 to 2 teaspoons chili powder
1/2 to 1 teaspoon garlic salt

Melt butter in 13x9x2-inch baking or jelly-roll pan in 400° oven. Add chick-peas; sprinkle with chili powder and garlic salt. Shake pan to coat chick-peas evenly with butter and seasonings. Bake 25 to 30 minutes or until chick-peas are dry and golden, shaking pan occasionally. Let cool. Store loosely covered up to 3 days. Makes about 1-1/2 cups.

PICKLED EGGS

12 medium or large eggs, hard-cooked and peeled (see Note)
2 cups white vinegar
3 tablespoons sugar
1 teaspoon salt
1 teaspoon each dillseed and mustard seed
1 medium onion, sliced thin
2 medium cloves garlic, halved
1 large green pepper, cut in strips
3 tablespoons pickled-beet juice (optional)

Put eggs in large glass jar. In saucepan bring to boil vinegar, sugar, salt, dillseed, mustard seed, onion, garlic and green pepper; simmer 8 minutes. Stir in beet juice. Pour over eggs, seal airtight and refrigerate at least 3 days. Before serving, cut eggs in halves. Will keep in refrigerator 2 to 3 weeks. Makes 12 snack servings. **NOTE** To hard-cook eggs cover with water in saucepan. Bring to slow boil over medium heat. Turn off heat, cover and let stand 15 minutes. Cool at once under running cold water, then peel.

ORANGE-HONEY-NUT BUTTER

1/3 cup orange juice
1/4 cup oil
1/4 cup honey
1 cup roasted soy nuts
1 cup peanuts

Place orange juice, oil, honey and soy nuts in blender or food processor; blend at high speed until almost smooth. Add peanuts; blend to desired consistency. Will keep in refrigerator up to 2 weeks. Spread on crackers, toast or in sandwiches. Makes 1-3/4 cups.

FISH STICKS WITH SAUCES

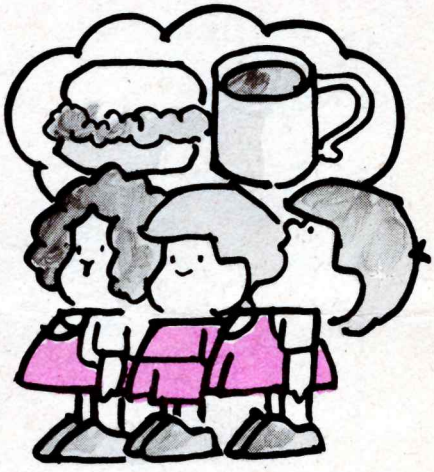
1 package (9 ounces) frozen fish sticks
Curried Yogurt Sauce or Seafood Sauce (recipes follow)

Heat fish sticks following package directions. Serve hot or cold with preferred sauce. Will keep in refrigerator up to 2 days. Makes 6 snack servings.
CURRIED YOGURT SAUCE Mix 1 teaspoon curry powder with 2 teaspoons hot broth; stir into 1/2 cup yogurt.
SEAFOOD SAUCE Mix well 1/2 cup bottled chili sauce, 1 tablespoon prepared horseradish and 1 teaspoon lemon juice.

PICKLED BLACK-EYED PEAS (Texas Caviar)

2 cans (16 ounces each) dried black-eyed peas, rinsed and well drained
1/2 cup red-wine vinegar
1/3 cup oil
1 small onion, minced (1/4 cup)
1 tablespoon minced seeded green chili
1 large clove garlic, crushed
1/2 teaspoon each salt and sugar
1/4 teaspoon fresh-ground pepper
Chopped pimiento for garnish (optional)

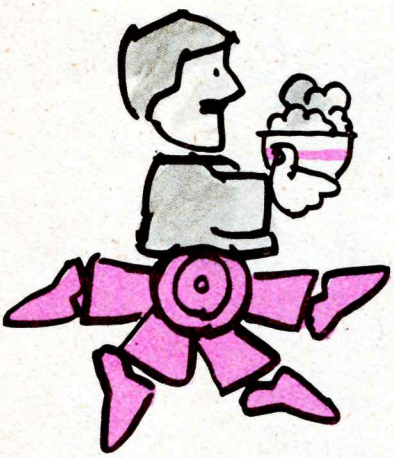
Mix well peas, vinegar, oil, onion, chili, garlic, salt, sugar and pepper. Cover and refrigerate 2 days or up to 2 weeks. Before serving, drain off marinade. Garnish with pimiento. Serve portion on small plate with fork. Will keep in refrigerator up to 2 weeks. Makes 4 to 6 servings.



EASY GO-TOGETHERS

Good combinations with no fuss

- **Graham crackers and Cheddar-cheese wedges**
- **Frozen waffles with fruit**
- **Luncheon meat, roast beef or ham wrapped around a pickle**
- **Lettuce wrapped around cheese, meat or poultry**
- **Whole-wheat or enriched bread or English muffin and peanut butter**
- **Oatmeal or peanut-butter cookies and milk**
- **Soup and sandwich**



TO EAT ON THE RUN

Foods easily carried or bought

- Cheese crackers with peanut butter
- Small bags of nuts
- Piece of fruit
- Mixed nuts, seed and dried fruit in small plastic bags
- Pizza
- Hamburger
- Hot dog
- Tacos

BREADS, CEREALS, OTHER GRAINS

Provide B vitamins, iron, protein and are a main source of energy

BRAN BREAD

1-1/2 cups flour
1-1/2 cups bran cereal
1/2 cup packed light-brown sugar
1 tablespoon baking powder
1 teaspoon salt
1 cup milk
2 tablespoons oil
1 egg

In large bowl mix well flour, cereal, sugar, baking powder and salt; set aside. In small bowl beat milk, oil and egg just to blend. Pour over flour mixture; stir just until moistened. Turn into greased 8x4x2-inch loaf pan. Bake in 350° oven 45 to 50 minutes or until pick inserted in center comes out clean. Cool in pan 10 minutes. Invert on rack; cool. Cut in thin slices to serve. Wrap airtight and store in cool, dry place. Keeps about 1 week.

WHOLE-WHEAT ZUCCHINI BREAD

1-1/2 cups all-purpose flour
1-1/2 cups whole-wheat flour
3/4 cup packed light-brown sugar
4 teaspoons baking powder
1 teaspoon each salt and cinnamon
1-1/4 cups shredded unpeeled zucchini (use food processor if available)
1/2 to 1 cup raisins (optional)
1 egg
1-1/4 cups milk
1/4 cup oil

In large bowl mix well flours, sugar, baking powder, salt and cinnamon. Stir in zucchini and raisins; set aside. In small bowl beat egg, milk and oil just to blend. Pour over flour mixture; stir just until moistened. Turn into greased 9x5x3-inch loaf pan. Bake in 350° oven 60 to 70 minutes or until pick inserted in center comes out clean. Cool in pan 10 minutes. Invert on rack; cool. Slice thin to serve. Wrap airtight and store in cool, dry place. Keeps about 1 week.

CARROT COOKIES

2 cups flour
1/2 teaspoon baking soda
1/2 teaspoon baking powder
1/4 teaspoon salt
1 cup shortening
1 cup packed brown sugar
2 eggs
1 teaspoon vanilla
2 cups rolled oats
1 cup finely shredded carrots (2 to 3 medium)
1 cup chopped nuts
3/4 cup flaked or shredded coconut

Mix well flour, soda, baking powder and salt; set aside. In large bowl of mixer beat shortening, sugar, eggs and vanilla until creamy. Stir in flour mixture, oats, carrots, nuts and coconut. Drop by rounded teaspoonfuls 1 inch apart on greased cookie sheets. Bake in 350° oven 18 to 22 minutes or until lightly browned. Remove to racks; cool. Store in airtight container up to 2 weeks. Makes about 78.

PEANUT-BUTTER COOKIES

1/2 cup butter or margarine
1/2 cup peanut butter
1 cup packed light-brown sugar
2 eggs
1-1/2 teaspoons vanilla
2 cups flour
2 teaspoons baking powder
1/2 teaspoon salt
1/4 cup milk

In large bowl of mixer cream butter, peanut butter and sugar until light. Beat in eggs and vanilla until fluffy. Stir in flour, baking powder and salt. Stir in milk. Chill until firm. Shape rounded teaspoonfuls of dough in balls and place 3 inches apart on ungreased cookie sheets. Dip fork tines in flour and flatten balls, forming crisscross pattern. Bake in preheated 350° oven 10 to 12 minutes or until top springs back when pressed lightly with finger. Cool on racks. Will keep in airtight container about 1 week. Makes about 75.

OATMEAL-RAISIN COOKIES

1/2 cup butter or margarine
3/4 cup packed brown sugar
1 egg
1 teaspoon vanilla
1 cup flour
1/2 teaspoon each salt, baking powder, baking soda and cinnamon
2 cups rolled oats
1 cup raisins

In large bowl of mixer cream butter and sugar until light. Beat in egg and vanilla until fluffy. Gradually stir in flour, salt, baking powder, soda and cinnamon. Stir in oats and raisins. Drop by level tablespoonfuls 2 inches apart on greased cookie sheets. Bake in preheated 375° oven 15 to 18 minutes or until top springs back when pressed lightly with finger. Cool on racks. Store in airtight container up to 2 weeks. Makes about 40.

PEANUT PUFF BARS

3 cups puffed-rice or -wheat cereal
1 cup salted peanuts
1/3 cup sugar
1/3 cup light corn syrup
1/2 cup peanut butter
1 teaspoon vanilla

Mix well cereal and peanuts; set aside. In saucepan bring to full rolling boil sugar and syrup, stirring constantly. Remove from heat. Stir in peanut butter and vanilla. Pour immediately over cereal mixture; stir quickly to coat well. Pat into greased 8x8x2-inch pan. Cool. Cut in 2-inch bars. Store loosely covered up to 1 week. Makes 16.

DOWN-HOME GRANOLA

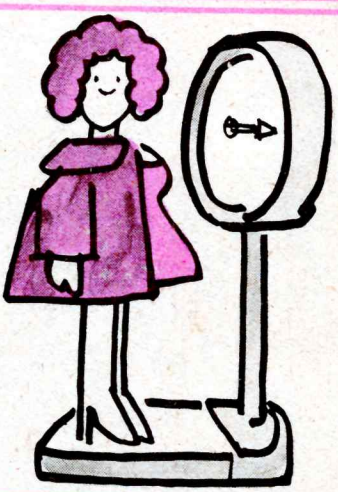
4 cups rolled oats
1 cup wheat germ
1 cup walnuts, cashews or peanuts
3/4 cup hulled sunflower or sesame seed
1/2 cup honey
1/2 cup water
1/3 cup oil
1 teaspoon vanilla

In large bowl mix well oats, wheat germ, walnuts and seed. In another bowl mix well honey, water, oil and vanilla; stir into oat mixture; mix well. Bake on large cookie sheet or jelly-roll pan in 350° oven 30 minutes or until lightly toasted, stirring occasionally. Cool. Store in airtight container up to 3 weeks. Makes about 7 cups.

SNACK MIX

1/2 cup butter or margarine
2 tablespoons Worcestershire
1 teaspoon seasoning blend or 1/4 teaspoon each seasoned salt and garlic and onion powders
6 cups assorted cereals (bite-size shredded wheat, corn or rice squares, doughnut-shaped oat cereal)
2 cups thin pretzel sticks
1 cup peanuts, soy nuts, walnuts or cashews

Melt butter in 13x9x2-inch baking pan in 325° oven. Stir in Worcestershire and seasoning. Then stir in cereals, pretzels and peanuts; mix well. Bake 20 minutes or until lightly toasted, stirring occasionally. Store in airtight container up to 3 weeks. Makes about 9 cups.



TRIM-LINE SNACKS
100 calories or under

	calories
1 glass (8 ounces) skim milk	85
1 glass (8 ounces) buttermilk	85
1 hard-cooked egg	80
1 slice whole-grain or enriched bread with 1 tablespoon cottage cheese	95
Skim-milk malted made with 1/3 cup nonfat dry milk powder, ice cubes and flavoring	85
2 medium-size green olives	15
1 cup popped corn with oil	40
1 medium pear, orange or small apple	about 70
30 thin pretzel sticks (2-1/4 inches long)	30
1 ounce Edam, mozzarella or American cheese spread	about 80
1 tangerine, 1/2 banana or 1/2 grapefruit	50
2 graham crackers (2-1/2 inches square)	55
1 carrot or 6 celery ribs	30
1 glass (8 ounces) tomato juice	45
1 medium-size dill pickle	5

"PEPPY" CHEESE MOUNDS

1 cup coarsely shredded sharp Cheddar cheese (4 ounces) at room temperature
1/2 cup butter or margarine, softened
1 cup rice cereal
1 cup flour
1/2 teaspoon hot-pepper sauce
1/8 teaspoon salt

In large bowl mix well all ingredients. With hand, gather in ball. Pinch off walnut-size pieces and place 1 inch apart on lightly greased cookie sheet. Bake in preheated 350° oven 15 to 18 minutes or until golden brown. Remove to rack; cool. Store airtight in cool, dry place up to 2 weeks. Makes about 30.

EASY PICKUPS

All you need are your fingers.

- **Cherry tomatoes***
- **Carrot and celery sticks***
- **Fresh fruit**
- **Cheese wedges or cubes**
- **Cubes of leftover meats, poultry***
- **Hard-cooked eggs**
- **Nut-stuffed dates**

**Eat with dips if desired (see Cottage-Cheese Dips, at right)*

MILK AND CHEESE SNACKS

Provide calcium, vitamin A, riboflavin (B_2) and protein

BEER-CHEESE SPREAD

1 pound Cheddar cheese, shredded, at room temperature
1/2 small onion, grated fine (2 tablespoons)
1/2 cup beer
1/2 clove garlic, crushed
2 tablespoons catsup
2 teaspoons Worcestershire
Dash of hot-pepper sauce

In large bowl of mixer beat cheese until creamy. Beat in remaining ingredients until light and fluffy. Chill in covered container. Flavor improves with age. Store covered in refrigerator up to 2 weeks. Serve at room temperature. Makes about 3 cups.

For food processor cut cheese and onion in chunks; process with remaining ingredients until creamy.

MINI CHEESE PIZZAS

1 tube (8 ounces) refrigerated buttermilk biscuits
1 cup spaghetti or tomato sauce
1 cup shredded mozzarella, Cheddar or Swiss cheese (4 ounces)
Oregano to taste

On greased baking sheet with floured bottom of glass flatten each biscuit to 4-inch circle, forming rim around edge. Spread with sauce, then sprinkle with cheese and oregano. Bake in 425° oven 10 minutes or until edges are lightly browned. Store any left over, covered, in refrigerator up to 4 days. Reheat if desired. Makes 10 pizzas.

COTTAGE-CHEESE DIPS

1 pound creamed cottage cheese
1 to 3 tablespoons milk
3/4 teaspoon salt
Dash of pepper

In blender or food processor whirl cottage cheese and just enough milk for smooth and creamy consistency. Add salt and pepper. Store covered in refrigerator up to 1 week. Makes 2 cups.

CHIVE DIP Stir 3 tablespoons snipped chives into cheese dip. Chill several hours to blend flavors.

SAVORY PARMESAN DIP Stir 1/4 cup grated Parmesan and 1/2 teaspoon oregano into cheese dip. Chill several hours to blend flavors.

CLAM DIP Whirl 1 small onion, cut up, with cheese dip. Stir in 1 can (6 to 8 ounces) minced or chopped clams, drained. Chill several hours to blend flavors.

TUNA DIP Whirl 1 can (6-3/4 to 7-1/2 ounces) tuna, drained, with cheese dip. Stir in 1 teaspoon dillweed and 1 teaspoon lemon juice. Chill several hours to blend flavors.

CAVIAR DIP Whirl or stir 1 jar (2 ounces) red-salmon caviar into cheese dip. Chill several hours to blend flavors.

EASY SKILLET CUSTARD CUPS

2 eggs
About 4 cups boiling water, divided
2/3 cup nonfat dry milk powder or granules
2 tablespoons sugar
1/2 teaspoon vanilla
1/4 cup raisins or chopped apricots (optional)
1/4 teaspoon nutmeg

With fork beat eggs slightly; stir in 1-1/2 cups boiling water, the milk powder, sugar, vanilla and raisins. Pour into four 6-ounce custard cups. Place cups in large skillet; pour boiling water around cups 2/3 of the way up sides. Bring water to boil again; reduce heat, cover and *simmer* about 12 minutes or until knife inserted in center of custard comes out clean. (Do not boil water or custard will not be smooth.) Remove custards from water. Sprinkle with nutmeg. Serve warm or cold. Store covered in refrigerator up to 3 days. Makes 4 servings. **NOTE** If desired, substitute 1-1/2 cups scalded whole milk for 1-1/2 cups water and the milk powder.

DATE SHAKE

1 cup milk
1/2 cup pitted dates (10 to 12)
1 cup ice cubes (8 to 12)
Dash of salt (optional)

In blender blend all ingredients just until ice is chopped fine and small pieces of date are still visible. Serve at once. Makes 1 serving.

LOWER-CALORIE VARIATION Substitute 1 cup water and 1/3 cup nonfat milk powder or granules for the milk.

BANANA SHAKE

1 banana
3/4 cup very cold milk
1 tablespoon wheat germ
Molasses, honey or sugar to taste

In blender purée until smooth banana, milk and wheat germ. Sweeten with molasses. Serve at once. Makes 1 serving.

CREAMY BUTTERMILK CUP

2 cups buttermilk
1/3 cup sour cream
Dark-brown sugar and ginger or crushed gingersnaps to taste

With fork or whisk beat well buttermilk and sour cream; chill. Serve in small bowls topped with light sprinkling of sugar and ginger. Store in refrigerator up to 1 week. Makes 3 or 4 servings.

GOOD SNACKS SAVE MONEY

■ **When comparing the cost of snacks, consider the nutritional contribution versus the price per snack. For example: As a drink, grapefruit juice provides more nutrition for the money than bottled soft drinks.**

■ **These snacks are examples of good buys* in nutrition:**

- **1 glass (8 ounces) milk—10 cents**
- **2 handfuls (about 3 ounces) peanuts—18 cents**
- **1 slice process American cheese—8 to 10 cents**
- **1 frozen waffle—6 to 10 cents**
- **1 slice cracked- or whole-wheat bread—4 cents**
- **1 glass (8 ounces) fruit juice—11 cents**

■ **You can save money on main dishes and serve smaller portions of expensive meats at mealtime by encouraging in-between snacking on lower-cost eggs, milk, cheese, custard, pudding and frozen pizza.**

■ **Use leftovers for snacks—especially money-saving if there aren't enough leftovers for a meal or if the dabs often get lost in the refrigerator, only to be thrown out.**

**Prices in New York City, August 1977*

TASTY CELERY STUFFERS

Foods to fill crisp ribs

- **Peanut butter**
- **Cottage cheese**
- **Cheese spread**
- **Deviled-ham, corned-beef or chicken spread**
- **Bean dip**
- **Liver-sausage spread**
- **Tuna or salmon salad**

FRUITS, VEGETABLES

Provide fiber, vitamin A (dark-green and yellow fruits and vegetables) and vitamin C (citrus fruits, tomatoes, leaf greens)

PEACHES WITH TART ORANGE SAUCE

1 cup plain yogurt
2 tablespoons orange-flavored instant breakfast drink
1 can (29 ounces) peach halves, chilled and drained (reserve 1/4 cup syrup)
Shredded or flaked coconut or sliced almonds

In small bowl mix yogurt, breakfast drink and reserved 1/4 cup peach syrup. Spoon over peaches. Garnish with coconut. Store covered in refrigerator up to 2 days. Makes 4 to 6 servings.

STRAWBERRY TAPIOCA PUDDING

2 cups milk
1/3 cup quick-cooking tapioca
3 tablespoons sugar
1/8 teaspoon salt
1 package (10 ounces) frozen strawberries in syrup, thawed
1 tablespoon lemon juice

In saucepan mix milk, tapioca, sugar and salt; let stand 5 minutes. In blender or food processor blend until smooth strawberries and lemon juice; set aside. Stir milk mixture over medium heat until mixture comes to full boil, 6 to 8 minutes. Stir in strawberry mixture. Pour into 6 dessert dishes or glasses. Chill. Store covered in refrigerator up to 4 days. Makes 6 servings.

BOWL-AND-SPOON SNACKS

Only a minimum of preparation is required.

- **Enriched, fortified or bran cereal with milk or fruit juice**
- **Fruit salad—fresh or jar**
- **Plain yogurt or cottage cheese and fruit (fresh, canned, dried)**
- **Vanilla ice cream topped with nuts, crunchy cereal or sunflower seed**
- **Soups—split pea, bean, cream of vegetable etc.**
- **Grapefruit with honey**
- **Applesauce with cinnamon**
- **Custard**
- **Milk-based puddings**
- **Fruit- or milk-based tapioca**

ORANGE-CINNAMON CARROT STICKS

1/2 cup orange juice
1 tablespoon packed light-brown sugar
1 tablespoon oil
1/2 teaspoon each grated orange and lemon peels
1/8 teaspoon each salt and cinnamon
8 medium carrots, peeled and cut in julienne strips

In skillet bring to boil orange juice, brown sugar, oil, peels, salt and cinnamon. Add carrots; bring to boil. Cover, then simmer 3 to 5 minutes or just until carrots are crisp-tender, turning carrots occasionally. Chill. Keeps in refrigerator up to 3 days. Makes 4 servings.

NUTTY APPLE-PRUNE SALAD

2 large unpeeled red apples, cored and diced (about 4 cups)
2 tablespoons each lemon juice and honey
1 small carrot, shredded (about 1/2 cup)
1/2 cup pitted prunes, plumped if desired (see Note) and diced
1/2 cup chopped walnuts, divided
Dash of salt
1/4 cup plain yogurt

In bowl toss apples with lemon juice and honey. Stir in carrot, prunes, 1/4 cup walnuts and the salt. Stir in yogurt just until blended. Sprinkle with remaining walnuts. Chill. Store covered in refrigerator up to 2 days. Makes 4 to 6 servings. **NOTE** To plump prunes, cover with just enough boiling water to cover; let stand until plumped, 5 to 10 minutes. Drain well.

TOMATO-BEAN SOUP

1 can (16 ounces) stewed tomatoes, undrained
1 can (16 ounces) baked beans, divided
1 small onion
2 cups beef bouillon
1/2 teaspoon salt, or to taste

In blender purée tomatoes, 1/2 can beans and onion until smooth. Pour into saucepan; bring to boil with remaining beans, bouillon and salt. Reduce heat, then simmer 15 minutes to blend flavors. Store any left over in refrigerator up to 4 days. Reheat. Makes about 5 cups.

SWEET-POTATO SOUP

1 medium onion, chopped
1 rib celery, chopped
1 tablespoon oil
1 can (18 ounces) vacuum-packed sweet potatoes, mashed or puréed
About 3 cups chicken broth
1/2 teaspoon salt, or to taste

In saucepan sauté onion and celery in oil until tender, about 5 minutes. Stir in potatoes, broth and salt. Simmer 10 minutes to blend flavors. For thinner soup add more broth. Store covered in refrigerator up to 4 days. Reheat. Makes 6 cups.

Coming in Next Issue

30-MINUTE DINNERS